

Find Your Pace – Therapy Services for Children and Young People



School-aged children, teenagers/adolescents and young adults can experience mental health difficulties the same way as everyone else. One of the notable differences is, however, that they may cope with such difficulties for the first time in their life. Therefore, it is essential to provide them with the support they may need to successfully cope with their issues. After all, the way they learn to cope with challenges at a younger age, may guide their decision-making in their adulthood.

As a fully qualified and registered therapist (registered with BACP and BPS) with extensive knowledge and experience, I offer a high-quality, evidence-based, affordable psychological therapy service for children and young people between the ages of 11-19.

Some of the presenting conditions I specialise in working with are:

- Anxiety
- Depression
- Behavioural problems
- Anger-management difficulties
- Self-harming behaviour
- Suicidal ideation
- Family/Relationship issues
- Isolation

The session rate is £40 per session (including administration time).

Therapeutic sessions can take place both face-to-face within school and online via MS Teams.

6-weeks holiday

The 6-weeks holiday is understandably an enjoyable period when children and young people can relax, “recharge” and get ready for new challenges. However, it may not happen like that for every single student. In response to this, I offer an affordable service with a reduced rate, so that those children and young people who need it the most can have the right support, even through the 6-weeks holiday. The reduced session rate is £30 per session (including administration time).



I am looking forward to hearing from you.

Contact details



Summary

- Registered with BACP and BPS
- Evidence-based, high-quality service
- Extensive experience
- Competitive full-rate
- Reduced rate for 6-weeks holiday

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